



Lee Franconia Football League

Fitting & care of equipment & uniforms

To keep our players healthy & looking awesome!

Families provide these items

Football cleats. Wear cushioned socks to try on. Mid-height cleats protect and support ankles. Rubber soles are best for grass and turf (plastic cleats are OK for players over 100 lbs who are used to playing on grass and turf). Metal spikes are prohibited.

Practice pants. Pants with pads sewn inside are easiest. Or buy pants with pockets and snaps to hold a 7-piece pad set. Players must try pants on: pads inserted, pants laced and buckled. Pants should fit snugly. Kneel to be sure pads cover kneecaps. Squat to be sure underwear is covered. If underwear or kneecaps are not covered, try a bigger size. If fabric or pads are loose, try a smaller size.

Practice jersey. Mesh football jersey big enough to cover shoulder pads. (We sometimes have pre-owned jerseys for sale. Ask at the registration table.)

Practice socks. Thick enough to cushion. Should cover ankle bones to prevent chafing. Long socks are best for cold weather.

Cup and strap. Cup and strap are recommended for all male players to reduce the chance of painful injury. Check fit so that movement is not restricted.

Lee Franconia provides these items

Helmet. Fitted at equipment shed. It takes a few days for new players to get used to helmets. Helmet should not slide around on the head, or cause headaches. Return to team after last game.

Shoulder pads. Fitted at equipment shed. Should fit snugly but allow arm and neck movement. Return to team after last game.

Game pants. For games only! See fit guidelines for practice pants. Return to team after last game.

Game jersey. For games only! See fit guidelines for practice jersey. Return to team after last game, or buy from team.

Seven-piece pad set (or girdle). Return pad sets to team after last game.

Chin strap. Players should unfasten lower snaps before removing helmet. Chin strap is too loose if player can remove helmet without unfastening snaps. Return to team after last game.

Mouth guard. Follow instructions to mold the mouth guard. Players keep their mouth guards.

Game socks. For games only! Players keep their game socks.

Keep it all clean!

Weekly, spray disinfectant inside. If cleats get wet, dry with an electric fan, or stuff with newspaper for 4 hours (repeat if still damp).

Launder weekly or more often.

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Launder after each wearing.

Launder strap after every one or two wearings. Spray cup with disinfectant every few days.

Keep it all clean!

Weekly, wipe inside and out with soap and water. Towel dry and air.

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Launder after each game.

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Weekly, launder pads inside pants, or remove and clean with soap and water. Launder girdles weekly.

Weekly, clean with soap and water. Towel dry.

Clean frequently with mouthwash or toothbrush and toothpaste.

Launder after each game.